

US Army Pregnancy/Postpartum Physical Training Program

[installation]

[name of commander]

[name of your program]

Program Update

[date]

Insert your
program
logo here or
use the one



[PPPT Program POC name and contact information]

Purpose

- Goals
- Personnel Involved
- Session implementation
- Current Status
- Evaluation
- Challenges
- FAQs



Goals

**[LIST GOALS OF YOUR PROGRAM -
GENERAL ONES ARE LISTED HERE TO ASSIST YOU]**

- Improve Soldier and unit readiness and morale
- Increase Soldier retention by assisting the Soldier to :
 - Pass APFT and height/weight standards
 - Maintain fitness levels during pregnancy for easier labor and delivery
 - Improve fitness levels post pregnancy for a smoother transition back to unit PT
- Provide education related to pregnancy issues



Local Personnel

[GIVE BRIEF LIST OF THEIR DUTIES - IDEAS GIVEN

BELOW]

- **Medical Expert (ME) [GIVE NAME]**
 - Medical oversight and quality control
 - Consultative services for IT and EL
 - Coordinator of Health Education Classes
 - Assist in EL training
- **Instructor Trainer (IT) [GIVE NAME]**
 - Liaison with units
 - Operate PPPT program
 - Train Exercise Leaders
 - Collect program outcomes data
- **Exercise Leaders (EL) [GIVE NAMES]**
 - Lead program exercise sessions
 - Assist with Soldier accountability
 - Recommend using NCOs with fitness backgrounds



Session Components

[give description of what is done for exercise sessions and HE classes]

■ Exercise Sessions

- Centering
- Strengthening
- Flexibility
- Special exercises
- Cardiovascular
- Relaxation/ Stress Management

**If possible
insert
photo of
their
Soldiers
doing PT**

■ Education Classes



Current Status

[give concise overview of most important activities going on right now] - some ideas are listed below -

- Program evaluation continuing
- Completion of first iteration of education classes
- Contacted local National Guard unit to invite pregnant Soldiers to participate
- EL training scheduled
- Holding “Baby Swap Meet” next month
- Interview given for article in installation newspaper
- “1SGT/ Co Comm Day” next month



Program Evaluation

[Explain Measurement Outcomes for your Soldiers]

■ Readiness Impact

- APFT total score, #SU, #PU, Run time [pass rate and aggregate pre vs. post scores]
- AR 600-9 Height/Weight standards [pass rate]
- Clinical Outcomes [c-section rate, reduced complications, avr. length of labor]

■ Retention Impact

- # soldiers currently enrolled [total enrollment, avr daily attendance and which units are participating]
- % PPPT participants influenced by program NOT to Chapter 8

■ Economic Benefit

- Cost per enlisted pregnancy per year [your cost]
- Est. readiness and medical cost avoidance per year [your cost avoidance]



Local Challenges

[list current problems that commander needs to know about - your plans for solution, what they can do to help you]

- ELs not consistently following standardized content
- Access to pool facility an issue
- Need to receive leader training by SME
- Planning for Soldiers early return to units for deployment
- Follow-up data collection difficult
- Maintain funding for sustainment



Frequently Asked Questions

[give questions you are hearing frequently that want commander to help get the word out about - have

- **Is the PPPT program treated differently than other Army special population PT programs?**
 - No, per TSG
- **Are Soldiers required to wear the PT uniform?**
 - Yes, until it no longer fits and then they can either wear a larger size or wear appropriate civilian fitness clothes
- **Are family members allowed to attend?**
 - No, this is an Army unit PT program with military goals
- **Can the program be mandatory?**
 - Attendance may be the Soldier's place of duty after HCP clearance to participate has been given



PPPT

Questions and Comments

